

Americans Abroad May Subject Stomachs to Dietary Torture

These days it is possible to see most of the capitals of Europe, South America, or the free side of the Bamboo Curtain during a brief two weeks' air trip. But, though distances have less meaning than formerly, many travelers will testify that it is just as easy to contract what some doctors refer to as D and V, as it is in the days of more pedestrian holidays. "D and V," of course, stands for nothing more nor less than diarrhea and vomiting, a condition that may add an unpleasant complication to an individual's vacation period. Although many of the illnesses contracted abroad are the result of inadequate sanitary measures, this is not invariably the case. The vast majority of the upsets in adults are caused by the same things that make little boys and girls sick after a big day at the circus or picnic. Dietary indiscretions, undue fatigue, and over-excitement are the principal factors involved.

A Vulnerable Body

For many a tourist, laid low at the very time when he should feel high, is the victim of a willing spirit in a vulnerable body. An adult accustomed to eight hours of sleep, a light

breakfast and lunch, followed by a modest evening meal lighty seasoned in the American style, is almost certain to develop an indignant stomach and an irritated intestine when he doubles his food and drink intake, or suddenly introduces his alimentary system to strong condiments in large quantities. The average stomach is conservative by nature and acts more reliably if introduced gradually to the alien foods in certain foreign countries such as those in the Middle East or South of the Border.

Care Needed

It would, of course, be the

controlled quite well if an individual is judicious about his intake of water, raw fruits, and raw vegetables.

Even in the United States it is unwise, in most rural areas, to put too much faith in the purity of the water supply, but in certain foreign countries, caution with drinking water is even more necessary. There are several ways to acquire adequate fluids safely. Some travelers drink nothing but hot tea or coffee. Some prefer beer. Still others use carbonated beverages and carbonated waters as thirst quenchers. Some physicians, indeed, advise cleaning the teeth or dentures with it.

Many tourists presume water from a faucet in a ship, hotel, or train is safe. But drinking water should be viewed with misgivings in many parts of the world. Some old hands at traveling abroad carry a plentiful supply of tablets for water purification with them. These take up very little space, and can be economically purchased at most army surplus stores.

In many areas of the world milk must be viewed with the same suspicion as water. Pasteurization is not a universal practice, and bovine tuberculosis, diphtheria, undulant fever and other diseases can be contracted by drinking milk in locales where sanitary controls are less rigid than in the United States. The same dangers, and for the same reasons, apply to cheese products in general.

Fruits Need Check

Next to water, raw fruits and vegetables probably are the chief source of tourist illnesses.

FRANK L. BAREFOOT ENDS ARMY SCHOOL

Pvt. Frank L. Barefoot, son of Mr. and Mrs. C. A. Barefoot, 1921 1/2 25th Pl., recently was graduated from the Army's transportation school at Fort Eustis, Va.

Barefoot completed the stevedoring course where he was trained in loading and unloading of cargo and maintenance of freight records.

Formerly a student at Narbonne High, he entered the Army in December, 1955, and received his basic training at Fort Ord.

Selected as junior leader training candidate was Orle H. Pool Jr., Torrance Troop 11, and Wayne W. Bishop, Torrance Troop 728.

The junior leader training program is conducted each year at Philmont Ranch in New Mexico, and at Lake Arrowhead Scout Camp.

All of the selected candidates will participate in a character board of review today at the National Supply Co.-Employees' Clubroom for the honor of representing Harbor District in this program.

WALNUT SPECIES

There are about 12 different species of walnuts, eight or nine of which are cultivated commercially.

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I like the service...

the Quality pleases me...

It's so convenient...

AND PRICES ARE LOW!

TABLE READY

OLEO

1-Lb. 12^c

CAL ACRES

GRAPEFRUIT JUICE

46-Oz. Can. 21^c

MILANI'S

ITALIAN DRESSING

Includes 10^c Offer 6-Oz. 12^{1/2}^c

MEAT meal makers

FRESH WHOLE BODY

Fryers

39^c lb

COUNTRY STYLE SAUSAGE 29^c lb

GORTON'S-16-oz. Pkg. FISH STICKS 49^c

EASTERN PORK Loin Roast 49^c lb

QUALITY PRODUCE

Fancy - loose Carrots 5^c lb

RED RADISHES 2^c Bunches

GREEN ONIONS 9^c

DELICATESSEN

GOLDEN CREME 1st QUALITY BUTTER IN 1/4'S 59^c lb.

OSCAR MAYER - SLICED ALL MEAT BOLOGNA 7-OZ. PKG. 27^c

BORDEN'S SLICED CHEESE 29^c 1/2 lb. pkg.

American, Swiss or Pimento

HUNT'S PEARS 2 1/2 Can 29^c

HUNT'S PEAS No. 300 Can 12^{1/2}^c

FREEZER SPECIALS

ORE IDA POTATO PATTIES 12-OZ. 2 For 29^c

HAWAIIAN PUNCH 6-OZ. 2 For 35^c

SUNKIST LEMONADE 6-OZ. 12^c

STOP! SHOP AND SAVE AT ROTH'S! STOP!

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Public Notice

TORRANCE HERALD-389

Notice is hereby given that the Board of Education, Torrance Unified School District, hereinafter called the District, will receive sealed proposals until 3:00 p.m., Tuesday, May 29, 1956, for the construction of the West Halston Elementary School to be located at the corner of Flavian and Halston Streets in Torrance, California.

Each bid will be in accordance with drawings, specifications, and other contract documents prepared by Bowen, Engineers, 2535 Gilroy Street, Los Angeles 39, California.

Drawings and specifications may be examined and copies obtained at the office of the Engineer, amount of \$50.00 (cashier's check made payable to the Engineer) for each set of documents will be refunded upon return of said set in good condition within five (5) days after the bids are opened.

Each bid shall be made out on the forms as furnished by the Engineer, for not less than five per cent (5%) of the amount of the bid, made payable to the District.

The above mentioned check or bond shall be given as a guarantee that the bidder will enter into contract if awarded the work, or any part thereof, and will be declared forfeited if the awarded bidder refuses to enter into contract after being required to do so by the District.

Each bid shall be sealed and filed with the Assistant Superintendent-Business, Torrance Unified School District, on or before the time and date shown above. Bids will be opened and read in public at 3:00 p.m., Tuesday, May 29, 1956, at 2355 Plaza del Amo, Torrance, California.

In accordance with the Labor Code of the State of California, the District has ascertained the general prevailing rate of wages for each craft or type of workmen needed to execute the contract which will be awarded.

These prevailing rates as contained in the specifications are as follows:

CLASSIFICATION	Hourly Rate	May 1, 1955	May 1, 1956
*Carpenters	Foreman Differential: Not less than 25c per hour more than the hourly rate of the highest classification over which he has supervision.		
	Save Pipe	\$2.90	\$3.00
	Carpenters	2.98	3.08
	Table Power Saw Operator	2.98	3.08
	Foreman Differential: Not less than 20c per hour more than the highest classification over which he has supervision, effective May 1, 1956, not less than 25c per hour more.		
	Common Mason	2.25	2.25
	Cement Finishing Machine Operator	2.95	3.15
	*Iron Workers	Aug. 15, 1955	
	Foreman Differential: Not less than 25c per hour more than the hourly rate of the highest classification over which he has supervision.		
	Reinforcing Iron Workers	3.00	3.15
	*Laborers	Sept. 15, 1955	May 1, 1956
	Foreman Differential: Not less than 20c per hour more than the hourly rate of the highest classification over which he has supervision; effective May 1, 1956, not less than 25c per hour more.		
	Operator and Tender of Pneumatics and Elevator Tools, Vibrating Machines, and similar mechanical tools not separately classified herein.	2.30	2.30
	Cement Dumper (on 1 yd. or larger mixer and handling bulk cement)	2.41	2.51
	Landscaper Gardener and Nursery man	2.41	2.40
	Underground Laborer—laying of all non-metallic pipe, including sewer pipe	2.30	2.41
	Making and Caulking of all non-metallic pipe joints	2.39	2.49
	Window Cleaner	2.00	2.45
	Watchman	2.00	2.45
	*Truck Drivers	Sept. 15, 1955	May 1, 1956
	Foreman Differential: Not less than 20c per hour more than the hourly rate of the highest classification over which he has supervision.		
	Water Truck Driver—Under 2500 gals.	2.30	2.40
	Water Truck Driver—2500 gals. to 4000 gals.	2.45	2.45
	Warehouseman and Teamster	2.25	2.35
	*Operating Engineers	1955	Oct. 31, 1955
	Foreman Differential: Not less than 25c per hour more than the hourly rate of the highest classification over which he has supervision.		
	Skiploader—Wheel Type (without Dragtype Attachments)	2.61	2.65
	Concrete or Asphalt Spreading, Mechanical Tamping, or Finishing Machine Operator	2.77	2.81
	Roller Operator	2.77	2.81
	Tractor Operator—Buildings, Tamping, Scraping, Drag-type Shovel or similar type	2.69	2.86
	Motor Patrol Operator, including any type of power blade	2.91	3.03
	*Ricklayers	June 16, 1955	
	Foreman Differential: Not less than 25c per hour more than the hourly rate of the highest classification over which he has supervision.		
	Bricklayer and Stone Mason	3.50	3.60
	*Electrician	Aug. 1, 1955	Aug. 16, 1956
	Electrician Foreman	3.62	3.75
	*Iron	Aug. 1, 1955	Aug. 16, 1956
	Iron Worker Foreman	3.50	3.65
	Ornamental Iron Worker	3.25	3.40
	Structural Iron Worker and Carpenter	3.25	3.40
	*Lather	Aug. 1, 1955	Aug. 16, 1956
	Nail-on Foreman	3.42	3.55
	Nail-on Lather	3.10	3.25
	*Plasterer	June 1, 1955	July 1, 1956
	Plaster Foreman: Not less than \$1.00 per day more than the highest classification over which he has supervision.		
	Brush	2.80	3.01
	Spray Gun or Sandblaster	3.15	3.28
	*Plasterer	Sept. 1, 1955	
	Plasterer Foreman	3.75	3.85
	Plaster Tender	3.37	3.45
	*Roofer	1954	1954
	Roofer Foreman	3.10	3.20
	Pitch Roofer	2.85	2.95
	Pitch Roofer and Enameler	3.22	3.35
	*Tile	June 1, 1955	
	Title Work Foreman (8 to 10 workers): Not less than 10% of the hourly rate of the Title Setters.		
	Title Setter	3.12	3.12
	*Pipe Trades	July 1, 1955	July 1, 1956
	Plumber Foreman	3.55	3.75
	Plumber, Gas or Lawn Sprinkler Fitter	3.67	3.75
	Plumber, Lead and Cement Caulker	3.34	3.45
	Sprinkler Fitter	3.85	3.85
	*Sheet Metal	Mar. 1, 1956	Mar. 1, 1956
	Sheet Metal Worker Foreman	3.37	3.45
	Sheet Metal Worker	3.12	3.24
	*Glazier	July 1, 1955	July 1, 1956
	*Glazier	2.70	2.85
	*Plus Health and Welfare, etc.		

The successful bidder will be required to furnish a Labor and Material Bond in the amount equal to 100% of the contract price and a Faithful Performance Bond in an amount equal to 100% of the contract price. Said bonds shall be secured from surety companies satisfactory to the District. The District reserves the right to reject any or all bids, or to waive any irregularity in any bid, and to determine the lowest responsible bidder. No bidder may withdraw his bid, or for a period of thirty (30) days after the date set for the opening thereof.

Torrance, California

TORRANCE UNIFIED SCHOOL DISTRICT

By: R. E. WALDEN, District Superintendent
Ass't. Supt.-Business: HELEN E. SMITH

Notary Public in and for the County of Torrance, State of California. My Commission Expires March 27, 1960.

Subscribed and sworn to before me this 14th day of May, 1956

(Seal)